



NePa Avocado Recipes

Five simple things to make with what's ripe on the counter, straight from our farm kitchen table.



"Grown with love"

by Neil & Patcha

Pak Chong, Nakhon Ratchasima, Thailand



NePa Guacamole, Pak Chong style

Ready in 10 minutes, gone in 5.

10 min Serves 4

You'll need

- 3 ripe NePa avocados
- 1 lime, juiced
- 1 to 2 Thai bird's eye chillies, finely chopped (to taste)
- 2 tbsp coriander, chopped
- 2 tbsp red onion or shallot, finely diced
- Sea salt, to taste

How to make it

1. Halve and stone the avocados, scoop the flesh into a bowl.
2. Mash roughly with a fork, leave it a little chunky, not smooth.
3. Stir through the lime juice, chilli, coriander and onion.
4. Season with salt, taste, and adjust the chilli to how brave you're feeling.
5. Serve immediately with whatever's crunchy, it doesn't keep well once cut.



Avocado & Coconut Smoothie

Both halves of the farm in one glass.

5 min Serves 2

You'll need

- 1 ripe NePa avocado
- Flesh and water of 1 young NePa coconut
- 1 tbsp honey or palm sugar
- Juice of half a lime
- A handful of ice

How to make it

1. Scoop the avocado and coconut flesh into a blender.
2. Add the coconut water, honey and lime juice.
3. Blend until completely smooth, thin with a splash more coconut water if needed.
4. Pour over ice and drink straight away, while it's still bright green.



Farm-style Avocado Toast

Breakfast, or lunch, or honestly dinner.

10 min Serves 2

You'll need

- 1 ripe NePa avocado
- 2 thick slices good bread, toasted
- 1 tbsp fried shallots
- Chilli flakes
- Squeeze of lime
- Sea salt and cracked pepper

How to make it

1. Mash the avocado roughly with a squeeze of lime and a pinch of salt.
2. Spread thick over the toast, right to the edges.
3. Scatter over the fried shallots and a pinch of chilli flakes.
4. Finish with cracked pepper and another squeeze of lime if you like it sharp.



Creamy Avocado Pasta

No cream, no cheese, still creamy.

20 min Serves 3

You'll need

- 2 ripe NePa avocados
- 300g pasta of your choice
- 2 cloves garlic
- Juice of 1 lime
- 2 tbsp olive oil
- Basil leaves, salt, pepper

How to make it

1. Cook the pasta in salted water until just al dente. Reserve a cup of the cooking water.
2. Blend the avocado, garlic, lime juice, olive oil and a splash of pasta water until silky.
3. Toss the drained pasta through the avocado sauce off the heat, loosening with more pasta water as needed.
4. Season, scatter with torn basil, and serve immediately, the sauce doesn't like sitting around.



Avocado & Coconut Salad

Fresh, crunchy, ready in one bowl.

15 min Serves 4

You'll need

- 2 firm-ripe NePa avocados, sliced
- Fresh flesh of 1 NePa coconut, sliced thin
- Handful cherry tomatoes, halved
- Small red onion, thinly sliced
- Juice of 1 lime, 1 tbsp fish sauce, 1 tsp sugar
- Fresh mint and coriander

How to make it

1. Arrange the avocado and coconut slices on a plate with the tomatoes and onion.
2. Whisk the lime juice, fish sauce and sugar together into a light dressing.
3. Spoon the dressing over the top just before serving.
4. Scatter with mint and coriander and serve cold.



That's five to start with. We're cooking through the harvest as it comes in, follow along for whatever we're making next.

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